

May's Gold Medal School of the Month

Hill Field Elementary

Principal: Paul Bryner

School Coordinator: Loren Clark

Mentor: Yvonne Cunahan



At the brink of meeting their 20,000-mile goal, students at Hill Field Elementary in Clearfield, UT, have already earned 19,760 miles since the end of September. In their second year as a Gold Medal School, the students have made a lot of progress towards living healthier lives. Students track the miles they earn from being physically active on cards called "Panther Passports." Most of the teachers are in on the act, some walking or running 3 to 5 miles every day. Teachers and students earn their miles through swimming, walking, running, biking, skateboarding, snowshoeing and

playing sports. Students, families and teachers can use a special Gold Medal Schools web page at Hill Field Elementary to print out extra tracking cards, a GMS Physical Activity Conversion Chart, and to learn more about the purpose of GMS and its history at Hill Field Elementary. It can be viewed at <http://www.davis.k12.ut.us/schools/hillfield/gms.html>.

The progress towards our goal is celebrated and shared over the intercom and in both our weekly and monthly newsletters in order to inform and motivate students and their families. Many of our families have a guardian who is currently away serving in the military, so copies of our newsletters are also made available on the school web site. Students who report their miles every two weeks can fill out a ticket for a special GMS drawing to win special prizes, most of which were donated by the PTA and athletic departments at Brigham Young University and the University of Utah.

Our big kickoff this school year started last fall when we held a ribbon-cutting ceremony for our new ¼-mile walking track. Building the track was one of Principal Paul Bryner's top priorities since his arrival as our new principal in 2003. The track has been two years in the planning. Volunteers and students helped to replace the dirt around the track after it was completed. Miss Utah Julia Bachison, and Clearfield Mayor Tom Waggoner both addressed the students and joined them in a first walk around the track. GMS Mentor, Yvonne Cunahan, painted a GMS-colored starting line on our new track and decorated the "Start" and "Finish" lines with banners and balloons. Mr. Bryner feels that the time to encourage students to develop a healthy lifestyle is right now, "The closest thing to the



Fountain of Youth is a Regular Exercise Program. It is as important that we teach our children to live a healthy lifestyle as it is to teach them to read, write or do math. We here at Hill Field Elementary are committed to giving children the best education possible."



Since that day we have been reporting our mileage every two weeks and track our school mileage on a world map in the main hall by our lunchroom. Our goal of 20,000 miles this year may take us around the entire world! On our map we've stopped in Torino, Italy, for the Olympics and have also visited major U.S. Air Force Bases in Europe and places where many of the students' parents are serving in the Middle East.

This May we will have a GMS Assembly, complete with prizes and a slideshow to celebrate our commitment to becoming a healthier school. "I go to the park and run. It's close to my aunt's house," says Aurora. Her second grade teacher, Natalie Phillips said, "I thought it was neat when one of my students said she walked like three miles at the park and that her mom and dad went with her. Fun for the whole family!" Stacey Harris, 6th grade teacher, states, "As a

teacher at Hill Field, it seems appropriate to quote an old military expression, 'Proper prior planning prevents poor performance.' A great deal of prior planning went into making our GMS program successful, including completing a walking/jogging track and establishing monthly goals in specific areas. A BIG thank-you to those who organized this worthwhile program for students and staff."

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